

<b>Table 1</b>					
<b>Required Fitness Equipment</b>					
<b>Free-Weight Equipment</b>					
2.5-pound weight plates	Calf raise (standing/seated)	Olympic incline bench press with rack			
5-pound weight plates	Curl bars with collars	Preacher curl			
10-pound weight plates	Double-tier dumbbell racks	Pull-up bars/dip bars			
25-pound weight plates	Dumbbells (18 pair, 5 to 100 pounds)	Shoulder press			
35-pound weight plates	Hack squat	Smith machine			
45-pound weight plates	Impact-resistance flooring (note 1)	Squat rack with pegs			
Abdominal boards	Leg press	Storage racks for weight plates			
Adjustable benches	Olympic bench press with rack	Stretch machine			
Bar with collars for benching	Olympic decline bench press with rack	T-bar row			
Beauty bells with rack (1 to 12 pounds)					
<b>Circuit and Plate-Loaded Equipment</b>					
Abdominal Crunch	Hip adductor	Pullover			
Bicep curl	Incline chest press	Rear deltoid/Pec fly			
Cable crossover	Lateral raise	Seated leg curl			
Calf machine	Lat pull down	Seated leg press			
Chest press seated	Leg curl	Seated low row			
Decline chest press	Leg extension	Shoulder press			
Dip and chin assist	Lower back extension	Tricep extension			
<b>Additional Plate-Loaded Equipment (note 2)</b>					
Abdominal crunch	Iso-lateral leg curl	Seated bicep curl			
Gripper	Iso-lateral leg extension	Seated calf machine			
Hip abductor	Iso-lateral low row	Squat lunge			
Iso-lateral chest press	Iso-lateral shoulder press	Super horizontal calf			
Iso-lateral decline chest press	Kneeling leg curl	Tricep extension			
Iso-lateral front lat pulldown	Lower back extension	Tricep press			
Iso-lateral high row	Pullover	Uni-lateral leg press			
Iso-lateral incline chest press					
<b>Cardiovascular Equipment (note 3)</b>					
<b>Equipment ↓</b>	<b>Size of Facility →</b>	<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>
Cross trainer		2	8	15	25
Recumbent bikes		2	3	9	15
Stair climber		1	4	5	5
Treadmill		4	10	20	30
Upright bikes		1	2	2	5
<b>NOTES:</b> 1. The free-weight area must be equipped with proper flooring, wall mirrors, and posted instructional charts. 2. When space is available, physical fitness centers may incorporate one line of circuit and one line of plate-loaded equipment. 3. Instructions must be posted on or near each piece of equipment, and adequate space must be provided between pieces of equipment to allow for safe use and for patrons to walk around safely. (XS=extra small; S=small;M=medium;L=large)					